

Bellevue Park Wellness Walks

Connecting People, Parks, Nature and Art!

Sponsored by Whole Foods Market Bellevue

Produced by the American Volkssport Association and Bellevue Parks & Community Service.

Bellevue Park Wellness Walks highlight the best of Bellevue's art, parks, natural and historic sites. All walks are free and registration takes place the morning of the event at the start location. Walkers can track their progress in a "2010 Bellevue Parks Walking Passport" available at the start of the Earth Day Walk. If participants complete all four walks, they could win a prize!

See each event below for additional information including maps and flyers. Not all walks are suitable for small children and strollers. For more information contact Debbie Pettersson, Community Program & Event Coordinator, 425-452-7106 dpettersson@bellevuewa.gov

Little Lake-to-Lake ~ Earth Day 5K Walk

Date: Apr. 21

Time: 2 to 6 p.m. (Registration: 2 to 6 p.m.)

Location: Lake Hills Greenbelt Park, 156th Avenue SE and SE 16th Street (parking & registration)

Celebrate Earth Day with a trail walk! This easy walk follows the Lake Hills Greenbelt Trail connecting Larsen and Phantom Lakes. Walkers are invited to stop along the way at earth education stations set up within the park. This walk is family-friendly and accessible for strollers and wheelchairs. Event highlights include the Larsen Lake Pioneer Cabin, King County Master Gardener Demonstration site, Puget Sound Energy Green Power Program, Eastside Audubon Society, and others.

Bellevue Downtown Art & Park 10K Walk (6K option available)

Date: May 22

Time: 8 a.m. to 3 p.m. (Registration: 8 a.m. to noon)

Location: Northwest Arts Center, 9825 NE 24th Street (parking & registration)

View over 20 pieces of public art in the heart of Downtown Bellevue. Walk along city streets, park trails, and pedestrian pathways. Bellevue Art Walk Scavenger Hunt list available for both the 10k and 6K routes. Sites featured include Bellevue Downtown Park, Meydenbauer Beach Park, Wildwood Park, Bellevue Arts Museum, Bellevue City Hall, King County Regional Library, Northwest Arts Center, and other sites long the way. Art demonstrations will be provided at Northwest Arts Center at the end of walk between 12 noon and 3 p.m. This is an American Volkssport Association-sanctioned walk hosted by the Interlocken Trail Blazers.

Lake-to-Lake Greenway Trail 15K Walk (6K option available through Mercer Slough Nature Park)

Date: Sept. 18

Time: 8 a.m. to 3 p.m. (Registration: 8 to 10 a.m.)

Location: Mercer Slough Blueberry Farm, 2380 Bellevue Way

Parking: South Bellevue Park & Ride, 2700 Bellevue Way.

Hike one of the nation's most spectacular urban greenway trails! Bellevue's Lake-to-Lake Greenway Trail connects pristine open space parks, historic farms, forests, wetlands, formal botanical gardens, and pioneer cabins between Lake Sammamish and Lake Washington. Participants are shuttled from the Mercer Slough Blueberry Farm to the start of the trail at Weowna Park. The shuttle runs approximately every half hour. This walk is strenuous and not suitable for small children or strollers. Dogs are not allowed on the shuttle. This is an American Volkssport Association-sanctioned walk hosted by the Northwest Striders.

Lakemont Lewis Creek 5K Walk

Date: Oct. 10

Time: 10 a.m. to 2 p.m. (Registration: 10 a.m. to 1 p.m.)

Location: Lewis Creek Visitor Center, 5808 Lakemont Blvd (parking & registration)

Enjoy the colors of fall through pristine natural areas. This walk is great for families; however, uneven and steep hill terrain may not be suitable for strollers. An alternate accessible route with a shorter distance is available.